

a) Stimulate a beta frequency in a range of from 15 to 20 Hz in a left brain hemisphere for a first period of time.

b) Simultaneously stimulate a low beta frequency in a range of from 12 to 15 Hz in the right brain hemisphere for the first period of time.

c) Stimulate the left brain hemisphere and the right brain hemisphere at an alpha frequency in a range of from 8 to 12Hz for a second period of time.

Repeat steps (a), (b) and (c) from 1 to 6 times.

Fig. 12

Obtain a frequency of aberrant brain waves in a brain.

Stimulate the brain at a frequency that is approximately twice the frequency of the aberrant brain waves.

Fig. 13

Stimulate a left brain hemisphere at a first frequency using photic stimulation.

Simultaneously stimulate a right brain hemisphere at a second frequency using photic stimulation, wherein the first frequency differs from the second frequency by between approximately 0.1Hz and 3 Hz.

Stimulate alpha frequencies in a range of from 8 to 12Hz in the right brain hemisphere.

Stimulate beta frequencies in a range of from 15 to 20 Hz in the left brain hemisphere for relieving symptoms of depression.

Expose the subject to an auditory cue.

Simultaneously expose the subject to various stimulation frequencies or combinations of frequencies.